

Statistics Report 05010, Chicken, broilers or fryers, meat and skin, cooked, stewed

Report Date:October 09, 2015 20:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	63.93	--	0.546	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Energy	kcal	219	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1979
Energy	kJ	916	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	24.68	--	0.240	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Total lipid (fat)	g	12.56	--	0.246	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Ash	g	0.76	--	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1979
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1979
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Minerals													
Calcium, Ca	mg	13	--	0.432	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.16	--	0.046	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Magnesium, Mg	mg	19	--	0.292	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Phosphorus, P	mg	139	--	2.472	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Potassium, K	mg	166	--	6.406	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Sodium, Na	mg	67	--	1.724	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Zinc, Zn	mg	1.76	--	0.023	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Copper, Cu	mg	0.057	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Manganese, Mn	mg	0.019	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Selenium, Se	µg	18.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1979
Thiamin	mg	0.046	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.148	--	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Niacin	mg	5.594	--	0.215	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Pantothenic acid	mg	0.667	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Vitamin B-6	mg	0.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Folate, total	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	57.4	--	--	--	--	--	--	--	--	Calculated or imputed	05009	11/2006
Betaine	mg	4.9	--	--	--	--	--	--	--	--	Calculated or imputed	05009	11/2006
Vitamin B-12	µg	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
Vitamin A, RAE	µg	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2004
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	146	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2004
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin D	IU	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin K (phylloquinone)	µg	2.1	--	--	--	--	--	--	--	--	Calculated or imputed	05006	11/2002
Lipids													
Fatty acids, total saturated	g	3.500	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
12:0	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
14:0	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
16:0	g	2.570	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:0	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Fatty acids, total monounsaturated	g	4.930	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
16:1 undifferentiated	g	0.680	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:1 undifferentiated	g	4.070	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
20:1	g	0.120	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Fatty acids, total polyunsaturated	g	2.740	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:2 undifferentiated	g	2.380	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:3 undifferentiated	g	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
20:4 undifferentiated	g	0.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
20:5 n-3 (EPA)	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
22:5 n-3 (DPA)	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
22:6 n-3 (DHA)	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Cholesterol	mg	78	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.276	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Threonine	g	1.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Isoleucine	g	1.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Leucine	g	1.797	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Lysine	g	2.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Methionine	g	0.657	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Cystine	g	0.329	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Phenylalanine	g	0.959	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Tyrosine	g	0.796	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Valine	g	1.199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	1.545	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Histidine	g	0.726	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Alanine	g	1.436	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Aspartic acid	g	2.200	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Glutamic acid	g	3.610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Glycine	g	1.583	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Proline	g	1.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Serine	g	0.870	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1979
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2004
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002